

# Your Blackbird Leys Health Walks

Walking for Health: A guided walk by local volunteers is run weekly by the group called Walking for Health. This is a gentle walk where you can meet other people whilst doing something good for your health.



To find out what time it is currently running you can ask at the Community Centre, or visit the Walking for Health website: <https://www.getoxfordshireactive.org/oxfordcity>

Blackbird Leys is a great place to spot a wide range of birds, animals and plants. Why not keep a record of what you see along the way.

Note your walks, record your sightings...



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# Blackbird Leys Health Routes Supporters

This project is coordinated by the charity, the Centre for Sustainable Healthcare, which runs pioneering programmes to engage health professionals, patients and the wider community with the common ground between personal wellbeing and wider environmental concerns. For more information please visit the website: [www.sustainablehealthcare.org.uk](http://www.sustainablehealthcare.org.uk)



The Centre for Sustainable Healthcare gratefully acknowledges funding for the Blackbird Leys Health Routes from:



We would also like to thank all of the individuals in Blackbird Leys and the various organisations based in the community who have helped with ideas and support for the Blackbird Leys Health Routes.

The Centre for Sustainable Healthcare is registered as a charity no: 1143189



CENTRE for SUSTAINABLE HEALTHCARE  
inspire • empower • transform

# Blackbird Leys Health Routes

Blackbird Leys Health Routes are part of 'NHS Forest' - an exciting charitable project enabling hundreds of communities to use green spaces to benefit their health and wellbeing. The Blackbird Leys Health Routes link together to explore this interesting area.



Studies show that spending time outdoors has multiple health benefits, and that trees and green space can provide a 'natural health service'.

Walking has so many health benefits - you can lose weight, lower your blood pressure and improve your mood - All for FREE!



# Blackbird Leys Health Routes Map

## Map Key

- - - Route 1 - 0.8 miles
- - - Route 2 - 1.1 miles
- - - Route 3 - 0.8 miles
- - - Route 4 - 0.7 (or 0.4) miles
- Footpaths
- River/Stream
- Open Grass Area
- ★ Allotment/Green Space
- ▲ School
- Churches
- ◆ The Leys Health Centre
- Care Homes
- ◆ Leisure Activities
- Outdoor Gym Equipment
- ☕ Refreshments
- 🎠 Park Facilities/Playground
- 🏠 Blackbird Leys CDI Youth Project & Community Centre
- 🚶 walking for health Volunteer led walk

## Park Facilities

- ★ **Blackbird Leys Park**
  - Zip Wire
  - Table Tennis
  - Seating & Picnic Area
  - Bowls Club
- ★ **Gillian's Park**
  - Seating Area
  - Obstacle Nets
- ★ **Fry's Hill Park**
  - Skate Park
  - Games Area
  - Table Tennis

